

The Intelligencer.

A Wholesome Bill of Fare for Young Ladies.

The Vassar Female College at Poughkeepsie, New York, has gained considerable reputation throughout the country for the peculiar style of mental and physical training in vogue there. The young ladies are educated more after the heroic style than at most female institutions. They are said to be an unusually vigorous collection of young women, and it is claimed that a party of them visiting West Point lately did not scarce worth a cent when surrounded by the cadets on a charge. This sturdy and heroic element in their characters may be owing to the diet on which they are fed. The question was once asked, "Upon what meat doth this our Caesar feed that he is grown so great?" And so we may ask, upon what meat do these Vassar girls feed that they have become so famous? The recent commencement exercises at the College gave the newspaper reporters an opportunity of making some inquiry into the manner in which the subsistence department of that institution is conducted. One of them interviewed the steward, and if he correctly reports the answers that functionary to his questions, it would seem that the dietetic philosophers have no disciples at Poughkeepsie. The 430 ladies of the College take their meals at one time in the same dining room. Thirty minutes are allowed for breakfast, forty for dinner, and thirty minutes for tea. Three or four courses of the best food are generally served for dinner. The milk and vegetables are all the products of the College farm, milk being used very freely for drinking morning and night, and used also in large quantities in cooking and in bread. Three hundred and fifty quarts of the lactical fluid are consumed every day. One hundred pounds of fresh butter are sent in from the farm every morning, with occasional consignments of ice cream. At breakfast 150 pounds of breakfast are eaten, and 250 pounds of roast beef or mutton at dinner. When poultry is served (chicken or turkey) three hundred and eighty pounds are required. The daily consumption of bread is 350 loaves. In cold weather buckwheat is used, and in milder seasons rice and corn and wheat cakes. Twenty cake-bakers are kept at work when the pupils sit down to breakfast, and so rapid do they work that there is no necessity for the stereotyped cry of "hurry up the cakes!" They give them to the fair consumers hot and fat, and they eat on the average 2,000 pan-cakes at one sitting, to make which plenty of a barrel of butter. They are good pie-eaters also, consuming one hundred and twenty-five or thirty pies at one meal. When they have apple pie, a barrel and a half of apples are used, while for cherry pie two bushels of the fruit are required. Just now it is strawberry time, and every night at tea they eat 180 quarts of strawberries. They are regaled with ice cream twice a week, and at dinner use 100 quarts of that luxury. When oysters are good, a half barrel of solid oysters is used for one meal, and 120 quarts of milk are put with them. They eat 1,200 eggs at breakfast daily. The supply comes from the farms along the line of the Poughkeepsie and Eastern Railroad. Coming to coffee, they use the mere matter of fifty gallons for breakfast, or eight hundred cupsful, and half a barrel of sugar is consumed daily in various ways. Oatmeal is put upon the table every morning at breakfast, and they consume eighty pounds of it daily. So with cracked wheat, hominy, barley, tapioca, macaroni, &c.

Report on the Chicago Custom House.

The Commission appointed to examine and report upon the U. S. Custom House building in Chicago, Illinois, have submitted to the Hon. B. H. Bristow, Secretary of the Treasury, a very full and elaborate report in a form which we suppose is perfectly clear and intelligible to the engineering fraternity. The upshot of the business is that the Hon. B. H. Bristow concluded to neither tear down nor build up, but submit the matter to the next Congress.

THE DEMANDS OF HEALTH.—Health is the one thing needful; therefore no pains, expense, self-denial, or restraint which we submit to for the sake of it is too much. Whether it requires us to relinquish favorite luxuries, to abstain from favorite indulgences, to control our temperate passions, or to undergo tedious regimens—whatever difficulty it lays us under, a man who pursues his happiness rationally and resolutely will be content to submit to.

ADDITIONAL LOCAL.

River News.

The river was still falling last evening, with 4 feet 4 inches in the channel. The Courier left for Parkersburg punctually. The Charles Hornbrook, with the model barge Harry, went to Cresap's Grove yesterday with the Masonic excursion. The little Frank Willard passed up yesterday. The Willard was chartered by the Government as a signal boat, and is now inspecting the signals recently placed in the lower river.

The Financial Resolutions thus far Passed by State Conventions.

The Kentucky Republican State Convention left off with the following resolution in regard to the National finances—viz:

5. We approve the financial policy of the administration as set forth by the President and Secretary of the Treasury in their last annual communications to Congress, and we hold that the financial legislation of Congress should be steadily directed to a resumption of specie payments at the earliest date consistent with the business interests of the country.

The Pennsylvania Republican Convention followed with the following resolution—viz:

8. Free banking, a safe and uniform national currency, adjustable to the growing wants of the business interests of the country, and a steady reduction of the national debt.

The Ohio Republican Convention passed the following resolution:

2d. That policy of finance should be steadily pursued which, without unnecessary shock to business or trade, will ultimately equalize the purchasing capacity of the coin and paper dollar.

The Ohio Democratic Convention opened the campaign as follows:

3d. That the contraction of the currency heretofore made by the Republican party, and the further contraction proposed by it with a view to the forced resumption of specie payments, has already brought disaster to the business of the country, and threatens it with general bankruptcy and ruin. We demand that this policy be abandoned, and that the volume of the currency be made and kept equal to the wants of trade, leaving the restoration of legal tenders to a par with gold to be brought about by promoting the industries of the people; and not by destroying them.

It will be seen by the above "planks" from the platforms thus far adopted, that the Ohio Democracy have the exclusive honor, so far this season, of having pronounced in favor of inflation. We do not charge that the Ohio Democracy are

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